

Coronavirus Disease (COVID-19)

The Novel Coronavirus Disease (COVID-19) situation is rapidly evolving, therefore Public Safety and First Responders are encouraged to check the Department of Public Health COVID-19 [webpage](#) and the CDC [website](#) for current information.

1. What are the typical symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying. Symptoms of COVID-19 may include some combination of the following: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. This list of symptoms is not all inclusive. Please consult your medical provider about any other symptoms that are severe or concerning to you.



2. How is the virus spread?

Like other respiratory illnesses, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing.
- Close personal contact, such as caring for an infected person.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

3. What should I do if I have to interact with a person with respiratory symptoms?

If the person has a fever, shortness of breath/difficulty breathing, or cough:

- If possible, maintain a distance of at least 6 feet.
- Have a trained Emergency Medical Service/ Emergency Medical Technician (EMS/EMT) assess and transport anyone that has symptoms of fever and cough or shortness of breath and who may require evaluation at a healthcare facility.
- If contact must be made then follow [CDC's Interim Guidance for EMS](#) for recommended personal protective equipment. At minimum this should include:
 - Disposable examination gloves
 - Isolation gown or single use coveralls (if gowns or overalls are unavailable be sure to clean duty belts and gear as noted below)
 - Surgical mask
 - Eye protection (i.e., goggles or disposable face shield that fully covers the front and sides of the face).
- Wash your hands with soap and water for a minimum of 20 seconds after contact. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- If close contact has occurred with someone who has symptoms of COVID-19 noted above, be sure to clean and disinfect your duty belt and gear prior to reusing it with a household cleaning spray or wipe and follow standard procedures for disposal of any personal protective equipment and for laundering of clothes.

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4. What else can I do to protect myself?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Learn your employer's plan for exposure control and participate in all-hands training on the use of Protective Personal Equipment (PPE) for respiratory protection, if available.

You can also refer to CDC's Guidance on [What Law Enforcement Personnel Need to Know about Coronavirus Disease 2019 \(COVID-19\)](#) for additional information

Always check with reliable sources for the up-to-date, accurate information about COVID-19.

- Los Angeles County Department of Public Health (LACDPH, County)
 - <http://publichealth.lacounty.gov/media/Coronavirus/>
- California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- Centers for Disease Control and Prevention (CDC, National)
 - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
- World Health Organization (WHO, International)
 - <https://www.who.int/health-topics/coronavirus>

If you have questions, and would like to speak to someone call 2-1-1